

Halloween Events

Everything you need for tonight

See p. B-1.



38 candidates of 236 Soldiers, Airmen earn EFMB

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Nearly 50 years ago, the Army expanded its awards program by implementing the Expert Field Medical Badge for combat medics.

While not actual combat duty, the test itself is so difficult that only 19 percent of those who have tried it, across the Army, have passed it this year.

“The EFMB is one of the most prestigious and coveted awards a medical professional can obtain,” said Command Sgt. Maj. Michael Stoddard, senior enlisted adviser, 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division.

More than 236 Army and Air Force

medical personnel from across the Pacific region converged, here, Oct. 14-24, for the opportunity to earn one of the most sought-after awards in the medical field.

To earn the EFMB, candidates must complete 60 multiple-choice questions in general military and medical knowledge, preventive medicine and map reading. A score of 75 percent or above is required.

On top of the written test, all the candidates faced tasks that included day and night land navigation, tactical combat casualty care, medical and casualty evacuation, warrior skills and communications.

“The EFMB is a great thing, but it is extremely challenging,” said 1st Lt. Se-

See EFMB A-4



An Airman EFMB candidate secures the straps of a harness on a simulated casualty victim during the testing at Area X, Schofield Barracks, Oct. 21. The prestigious badge is even more rare for the Air Force.



EFMB candidate Sgt. Philip Schuster (right), a medic of Co. C, 225th BSB, 2nd SBCT, 25th ID, helps move a simulated casualty victim to an evacuation point. In this attempt, only 19 percent of the participating candidates completed all of the challenges to earn the right to wear the badge.

2-11th Field Artillery gun crews recertify on M777 howitzer

Story and photo by
STAFF SGT. CARLOS R. DAVIS
2nd Stryker Brigade Combat Team
Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — As the Army’s mission evolves, so does it’s training.

To maintain mission readiness, cannoneers are required to hone their skills by recertifying.

Soldiers from 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted section certification training, Oct. 16-30, here, which qualifies them to participate in upcoming live-fire exercises.

“We are starting the table five certification for the M777 howitzer crew members,” said Capt. Jason Stanley, assistant operations officer, 2-11th FA. “This training allows us to see what areas we need to focus on as we create our training plans in order to be an effective firing battalion.”

2-11th FA gauged its crews as a team as they honed their firing skills. The training enabled the crews to accomplish their mission safely and effectively.



Cannoneers from 2-11th FA Regt., 2nd SBCT, 25th ID, demonstrate their proficiency to recertify putting steel on targets for upcoming live-fire qualifications, Oct. 23.

“To ensure we maintain the proficiency of processing fire missions and executing those fire missions effectively, crew drills must be perfect with maintaining the accuracy and precision of firing,” Stanley said.

Staff Sgt. Trinity Phomsopha, a field artillery automated tactical data system section chief, believes this is an opportunity for his Soldiers to work and improve on the little things.

“If we are not cleared to fire by the master gunner, then we cannot do our job,” said Phomsopha. “Everything is a learning experience. To be combat ready at all times, we must practice, and practice makes perfect.”

Section certification challenges the crews to react correctly to possible malfunctions pertaining to the M777 howitzer, and to correctly process different fire missions in order to have sustained firing capabilities.

“Even though these guys are tired and dirty, they are enjoying being out here and doing their job,” said Stanley.

The battery certified more than 18 howitzer crews during the three weeks, finishing up Thursday.

25th ID ‘survives’ Australian outback

STAFF SGT. SEAN EVERETTE
25th Infantry Division Public Affairs

NORTHWEST TERRITORY, Australia — Australia’s Northwest Territory is home to crocodiles, snakes and all kinds of unusual animals.

However, for three weeks in October, it was also home to a trilateral team of Soldiers from the United States, Australia and China taking part in Exercise Kowari 2014, the inaugural environmental survival training exercise that brought the three countries together for the first time.

“The exercise demonstrates the willingness of Australia, China and the United States to work together in practical ways,” said Senator David Johnston, the Australian Minister for Defence.

The core of what happened in the outback had little to do with the political dynamic between the three countries. Exercise Kowari, Oct. 7-25, was about learning how to survive as much as it was about making connections.

Five 25th Infantry Division Soldiers joined five Marines, 10 Australian Army soldiers and 10 Chinese People’s Liberation Army soldiers as the Australian 2nd Division’s North West Mobile Force taught them what it takes to live in the bush.

The exercise was divided into three phases.

The first was a team-building phase where the participants met and got used to working with one another.

Photos by Cpl. Jake Sims, Australian Army

(From left) 2nd Lt. Daniel Strickland, Peoples Liberation Army Sgt. Wu Zhen Hua and Australian Army Cpl. Andrew Gao make fire using traditional techniques in Australia’s remote Northern Territory outback as part of Exercise Kowari 2014.

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A Tropic Lightning warrior reacts to enemy contact during the 25th ID Lightning Academy’s jungle training, Oct. 23. JOTC trains Soldiers on how to conduct operations proficiently in a jungle environment.

100 complete jungle training

Story and photos by
AIR FORCE STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity
Hawaii News Bureau

SCHOFIELD BARRACKS — As part of a 12-day course, a hundred Soldiers from the 25th Infantry Division practiced skills necessary to perform operations in jungle terrain at the 25th ID Lightning Academy’s Jungle Operations Training Center (JOTC). Students learned techniques de-

signed to enhance tracking, patrolling, reacting to enemy contact and survival skills specific to jungle operations to prepare Soldiers for deployments throughout the Pacific.

“We send our JOTC instructors to foreign jungle schools with a number of our regional partners,” said Maj. Andrew Lyman, Lightning Academy commander.

“We’ve sent our instructors to Aus-

See JOTC A-4

See KOWARI A-5



HAWAII
ARMY
WEEKLY

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USAG-HI focuses on energy conservation

KAREN A. IWAMOTO
Staff Writer

U.S. Army Garrison-Hawaii has implemented a number of strategies to cut back on energy consumption at its installations over the last several years.

New projects and significant building renovations have been engineered to consume 30 percent less energy per square feet than the standard building.

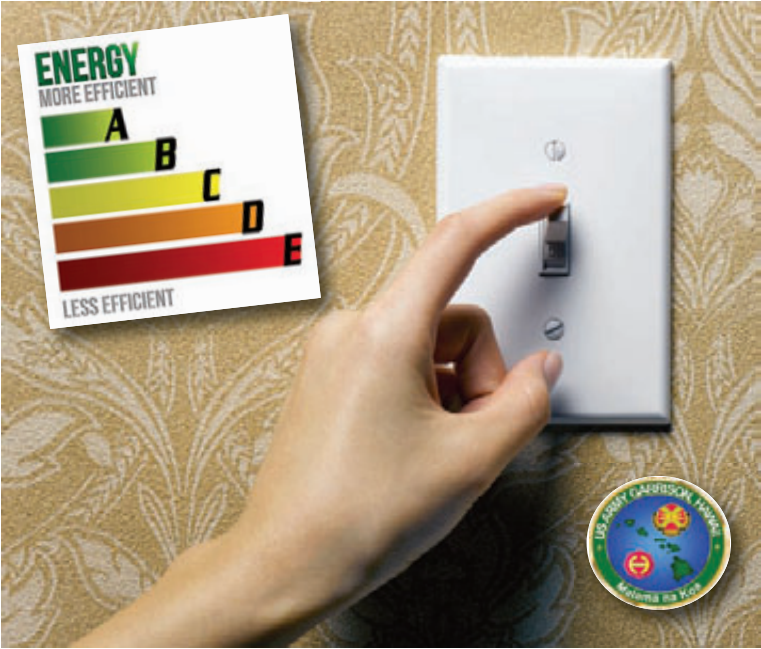
Since 1999, buildings have been stocked with high-efficiency lighting, heating, ventilation and air-conditioning systems, as well as solar water heating systems. Most buildings are automated to manage and conserve the amount of energy being used.

In fact, USAG-HI has some of the most energy-efficient buildings in the Army, according to Keith Yamanaka, energy manager for the Engineering Branch of USAG-HI's Directorate of Public Works.

Still, the cost of energy in Hawaii is among the highest in the nation, and Hawaii's primary source of energy is imported oil. These facts mean that even though USAG-HI runs an energy-efficient outfit, it still costs more than twice as much to keep it running than it would to keep Fort Bragg in North Carolina running, and even more compared to other installations on the continental U.S., Yamanaka said.

In the 2014 fiscal year, USAG-HI spent approximately \$90 million on gas and electricity for its facilities.

"The Department of Defense is HECO's largest customer, and the Army is the second largest consumer of energy



File photo

Turning off lights and air conditioning before leaving a building can help USAG-HI reduce energy usage by up to 10 percent.

within the DOD," Yamanaka said, adding that the Navy is the No. 1 consumer of energy within the DOD and on the island.

USAG-HI's DPW is also planning to re-establish its Building Energy Monitoring program, or BEM, to encourage energy stewardship for all USAG-HI facilities, Yamanaka said, adding that the BEM manager position is not currently staffed but hiring actions are in progress.

Island Palm Communities, the property management company that over-

sees Army military housing on Oahu, has also taken measures to ensure and encourage energy conservation.

In 2011, IPC's Simpson Wisser neighborhood at Fort Shafter was among a handful of communities nationwide to be designated a LEED-certified neighborhood in 2011. This certification recognized IPC's use of sustainable, energy-conserving technology, such as high-efficiency windows and dual-flush toilets, as well as the overall design of the community.

FOOTSTEPS in FAITH

All say 'Eddie would go'

CHAPLAIN (MAJ.) JOHN GRAUER
Plans and Operations
U.S. Army Garrison-Hawaii

When I moved to Hawaii, I saw the phrase "Eddie Would Go," and I asked the question who was Eddie?

I began to read about this amazing modern-day surfing legend and warrior who showed loyalty, duty, respect, selfless service, honor, integrity and personal courage, and I thought "Wow!"

Eddie Aikau was the first lifeguard hired by the City & County of Honolulu to work on the North Shore. During his time as a lifeguard, not one life was lost at Waimea Bay.

It was said that Eddie would go into surf that reached 20 feet high or more to make a rescue. The locals used the phrase "Eddie would go" referring to his courage to make a rescue in impossible situations.

Here's how author Stuart H. Coleman described Eddie's last task.

On March 16, 1978, Eddie and 15 other sailors embarked on a 2,500-mile voyage to Tahiti. He had brought his surfboard in hopes of surfing the waves there. But during the first night, the voyaging canoe was caught in a sudden storm and waves began flooding one of the hulls. The canoe capsized, miles from shore, while the sailors clung to the overturned hull as they were smashed by winds and waves.

By morning, it became clear how bad their situation was. Eddie volunteered to paddle his surfboard through the stormy seas to the island of Lanai, which they could barely see on the horizon, but a decision was reached: Eddie would go.

On the morning of March 17, 1978, Eddie Aikau paddled off on his surfboard toward Lanai, 15 miles away. The crew watched him slowly disappear in the distance, praying that he would make it to shore and help save them.

Miraculously, the rest of the crew was later rescued by the Coast Guard. Working with the survivors, the authorities then launched one of the largest air, sea and land rescue efforts in Hawaiian history. But they never found Eddie's body or his board.

That's when the words "Eddie would go" began to take a life of their own."

— In "Eddie Would Go: The Man Behind the Mantra"



Grauer

What makes someone a true warrior? Eddie knew the answer! The answer lies much deeper than any battlefield.

At the core of every true warrior, you will find the traits of the Army Values, that is the mark of being a warrior.

And a true warrior is always engaged in battle, and it is a daily battle, a personal battle to perfect one's character and to become a person of excellence in every area of his life.

Loyalty, duty, respect, selfless service, honor, integrity and personal courage are what is needed.

Eddie Aikau represented these values daily, and we are called to exemplify these same values.

If Eddie can jump in the unknown water until the destination is reached, cannot we gather a little courage to dive in the unknown future in order to fulfill our destiny?

If Eddie can surf the most dangerous waves cannot we try to work our skills from being good to better to best?

If Eddie can defeat deadly elements with calm mind and courageous heart, and be willing to give his all, can we not as people, who are called to do our best, solve our problems with this same attitude?

Yes! Problems are very dangerous and breathtaking, but it doesn't have to break us. If we can exemplify the Army Values and the "Eddie would go" attitude, God can teach us to build a better today so that we can reach our best potential tomorrow.

BEST WARRIOR & SOLDIER OF THE YEAR



Air Force Staff Sgt. Chris Hubenthal, Defense Media Activity

Spc. Thomas Boyd, cryptologic linguist with Headquarters and Headquarters Detachment, 500th Military Intelligence Brigade, advances through the jungle on his way to winning the U.S. Army-Pacific Warrior Challenge, June 11.



Staff Sgt. Steve Cortez, Defense Video & Imagry Distribution System

Boyd, flanked by Chief of Staff of the Army Gen. Raymond T. Odierno (left) and Sgt. Maj. of the Army Raymond F. Chandler III, is commended for winning the Army's Best Warrior Competition, Oct. 9, at Fort Lee, Virginia. Boyd was named the 2014 Soldier of the Year.



Getting it Straight

On Oct. 24, p. A-3, a photo showed Command Sgt. Maj. Anthony Robinson accepting his position as the senior enlisted adviser for the Tripler Army Medical Center. It was misidentified as the 311th Signal Command's change of responsibility ceremony.

Voices of Ohana

Which superhero would you be and why?

Spc. David Innes, 8th Theater Sustainment Command Public Affairs



"As a kid I always pretended to be the Human Torch, so I'd choose him."

Mark Arakaki
Chemist, Army Corps of Engineers



"I would be Wolverine, so I could heal fast and never get sick."

Spc. Anthony Koch
Information systems specialist, USARPAC



"I'd be the world's greatest detective, Batman. He's got all the cool stuff ... and a couple billion dollars never hurt, either."

Spc. Leif Soholt
Systems analyst, USARPAC



"Superman. He's the best of the best when it comes to superheroes."

Maj. Jason Spencer
Security, USARPAC



"I'd want to be the Flash. That way I could be the best running back in the NFL."

Sgt. 1st Class Christopher Sterling
QAQC TI, 536th Maintenance Co.

65th BEB engineers join Tropic Lightning Division

1ST LT. CHARLES PAYNE
65th Brigade Engineer Battalion
2nd Stryker Bde. Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — While many may think of bulldozers and dump trucks when they look at engineers, the 65th Brigade Engineer Battalion has a much greater mission than simply hauling dirt.

With all seven companies of the 65th assembled in one place for the first time, the battalion command team, Lt. Col. David W. Acker and Command Sgt. Maj. Giovanni P. Fuentes, uncased the unit’s colors during a ceremony on Weyand Field, Oct. 21.

The 65th BEB joins the 2nd Stryker Brigade Combat Team as it says goodbye to the 130th Eng. Bde., 8th Theater Sustainment Command. Marked with streamers from campaigns ranging from Luzon in the Philippines during World War II to the 65th’s recent mission in Afghanistan, the colors and incredible legacy of the battalion will continue under the 2nd SBCT, 25th Infantry Division.

Acker reminded the Soldiers that the 65th BEB began its long history as a valued member of the 25th ID.

“Our history began with the 25th ID on this very installation a little over 73 years ago, on the



Photo by Staff Sgt. Carlos R. Davis, 2nd Stryker Brigade Combat Team Public Affairs

Lt. Col. David Acker (left) and Command Sgt. Maj. Giovanni Fuentes, 65th BEB command team, uncased the battalion colors during an activation ceremony on Weyand Field, Oct. 21. The 65th transferred from the 130th Eng. Bde., 8th TSC, as the 65th Eng. Bn. (Combat Effects), to the 2nd SBCT, 25th ID, redesignated as the 65th BEB.

14th MDB strengthens US-Japan alliance

Story and photo by
SGT. KIMBERLY K. MENZIES
94th Army Air and Missile Defense Public Affairs

KYOGAMISAKI SUB-BASE, Japan — The 14th Missile Defense Battery, 100th Missile Defense Brigade, 94th Army Air and Missile Defense Command, was activated, Oct. 22, during a ceremony, here.

The 14th MDB is the new home to an Army-Navy/Transportable Radar Surveillance — Model 2 radar, which is an important asset in the Pacific region’s integrated air missile defense plan.

“The 14th Missile Defense Battery activation is significant in that it shows the U.S. and Japanese governments’ commitment to the al-

liance and stability in the Pacific region,” said Maj. Jason E. Albright, commander, 14th MDB.

The 14th MDB mission is to provide long-range detection, tracking classification, and discrimination of strategic and theater ballistic missile threats in support of the U.S. Pacific Command’s area of responsibility and homeland defense.



Brig. Gen. Eric L. Sanchez, commander, 94th AAMDC, addresses Japanese dignitaries and members of the 14th MDB during an activation ceremony at Kyogamisaki Sub-base, Japan, Oct. 22. The battery was received by the Japanese 35th Air Control and Warning Squadron.

“There is no better demonstration of America’s commitment to the Pacific region’s security than the cooperation between 94th AAMDC Soldiers and our Japanese partners in this mission,” said Brig. Gen. Eric L. Sanchez, commander, 94th AAMDC.

The 14th MDB partnership branches beyond just the Japanese military counterparts. It also partners with the local community.

“The battery has an outstanding partnership with the local community and the local community fully supports the battery mission,” said Albright. “Lt. Col. Takeuchi, the commander of the 35th Air Control and Warning Squadron, has been a gracious host and has provided detailed planning support above and beyond what we could hope for.

“The local community leaders have also welcomed us into their communities and attended the activation ceremony in large numbers. Overall, the partnership has really made this assignment rewarding for our Soldiers and made the activation ceremony a truly outstanding event,” said Albright.

The activation ceremony officially recognizes the new unit and highlights the installation of the radar, but for Soldiers of the 14th MDB, it also represents a commitment to cultural exchange and outreach.

“I look forward to developing strong bonds and forming one team that will promote peace and stability in the Pacific region, strengthen the alliance between Japan and the United States, and improve the lives of Soldiers and local citizens through cultural exchange and community outreach programs,” shared Albright.

New motorcycle safety policy effective Nov. 1

CAPT. BRETT D. ERLAND
Administrative Law Attorney
25th Infantry Division

Many in the community have asked why we need a policy specifically regarding motorcycles. The answer is safety and good order and discipline.

The senior commander, U.S. Army-Hawaii, distributed Policy Letter 11, Motorcycle Safety, to subordinate commanders in advance of Saturday’s new requirements taking effect to allow them to educate all riders.

This year, we have had Soldiers grievously injured or killed while riding motorcycles. It is a tragic fact that something so enjoyable also carries such profound risks. Those who have been injured or died on motorcycles recently have complied with the requirements of Army Regulation 385-10.

The circumstances surrounding these incidents have been confirmed for the command that more stringent training, personal protective equipment and command involvement through counseling and mentorship are required. Commanders are responsible for ensuring that their formations are properly trained and equipped to accomplish the mission. This policy reflects an increased emphasis on that responsibility.

The policy also addresses lapses in good order and discipline by the riding community. Unfortunately, some riders have committed



Sgt. Daniel K. Johnson, 2nd Brigade Combat Team Public Affairs, 25th Infantry Division

Motorcyclist “Wolfhounds” of the 2nd Brigade Combat Team, 25th ID, participate in a safety ride, Jan. 27, 2012. USARHAW’s latest motorcycle safety policy takes effect tomorrow.

serious moving violations, both on and off post. These violations are not only a safety concern, but also negatively impact our community relations off post.

Our Hawaiian hosts closely watch everything the military community does. Soldiers, either individually or in groups, speeding recklessly on roadways or committing other traffic violations,

not only create a community safety issue, but also denote carelessness and irresponsibility. Therefore, the policy allows for harsher adverse administrative actions for violations.

Empirical data has also revealed that much of this hazardous activity is attributable to some motorcycle clubs. Given this hazardous activity, the connection with certain clubs, and evidence that criminal motorcycle clubs have attempted to recruit Soldiers, the senior commander has determined that wearing clothing showing club affiliation is contrary to good order and discipline.

The command recognizes that many motorcycle clubs are philanthropic organizations dedicated to community service, and appreciates their valuable contributions. However, the need for increased safety and promotion of good order and discipline has necessitated a more restrictive policy.

All riders should read the new policy. It is posted at each gate on Schofield Barracks and will soon be posted on the 25th ID home page as well.

The revised motorcycle policy is carefully drafted to ensure that the motorcycle riders of the military community remain safe, responsible and disciplined.

Soldiers are encouraged to ride responsibly and are still free to join clubs. This policy emphasizes the senior commander’s focus on safety, discipline and risk mitigation.

What’s new for motorcyclists and where do I find the policy?
The new policy requires the following:

- Reflective/fluorescent wear:* Between 7 p.m. and 7 a.m., all riders operating on a USARHAW installation (and all 25th ID Soldiers operating anywhere) must wear a reflective and fluorescent garment while riding. Between 7 a.m. and 7 p.m., riders may wear either a motorcycle specific jacket with padding and armor or a reflective/fluorescent garment.
- More training:* If a rider obtains a new motorcycle after attending the Basic Rider

Course or makes “substantial changes” (to be determined by mentors) to his motorcycle, he must retake the BRC-II or the Military Sport Bike Rider Course.

- Shorter duration between training periods:* All military riders must complete the BRC-II or MSRC within six months of completing the BRC.
- No motorcycle club jackets/vests/etc. worn on-post.*
- Self-reporting:* Soldiers are obligated to self-report any convictions/findings of responsibility/guilty pleas/etc. of any moving violations off-post.

- Strict suspension penalties:* A rider may lose his/her on-post motorcycle riding privileges for a period of six months or one year (depending on where the incident takes place) for incurring any moving violation.
- Visit* www.garrison.hawaii.army.mil/command/documents.htm under USAR HAW Memos; review www.garrison.hawaii.army.mil/command/Memos/MotorcycleSafetyPolicy.pdf for the policy itself; and www.garrison.hawaii.army.mil/command/Memos/MotorcycleSafetyPolicy_AnnexA.pdf, the annex.

1st of October, 1941,” said Acker, “and thus began a relationship that would bond our organizations together for all time.”

During the ceremony, Col. David B. Womack, commander, 2nd SBCT, emphasized how the importance of leadership and teamwork among commanders and the Soldiers on the field contributes to the brigade’s mission success.

Acker and Womack thanked the 130th Eng. Bde. commander, Col. Blace C. Albert, and his team for their efforts in the transition.

“They accomplished an incredibly daunting mission, and I could not be more proud of the men and women of this battalion,” Acker said.

The 65th BEB recently returned from Afghanistan, where it had command and control of all combat engineer operations in Regional Command-South, Southwest and West for Operation Enduring Freedom.

The battalion returned to Hawaii less than four months ago, and it, along with the 130th Eng. Bde. headquarters, worked very hard to ensure it accomplished all tasks associated with moving a battalion headquarters prior to the Army’s mandated BEB transition date.

With many exercises ahead and the depth of assets within the newly formed 65th BEB, the team stands ready and capable of handling versatile missions across the Pacific theater.



Since 1919, Americans have paused to remember the service and sacrifice of the men and women who have and who continue to serve our country.

The Army is committed to lifelong success for Soldiers, veterans and their families by connecting them with opportunities for employment, education and health care post military service.

Soldiers and civilians are encouraged to attend the following ceremonies, most of which U.S. Army-Pacific Soldiers are participating within.

•Nov. 1, 9 a.m.: The Waianae Military Civilian Advisory Council (WMCAC) will host the 31st Annual WMCAC Veterans Day Parade. The event is expected to have 400 marchers, 25 vehicles and four bands. The parade will start at Pokai Bay Beach Park and follow along Farrington Highway until the Waianae Mall, where the annual JROTC drill meet will be held.

•Nov. 9, 2 p.m.: In honor of Veterans Day, Pacific Aviation Museum Pearl Harbor hosts the Hawaii premiere of “With Their Voices Raised.” The documentary theater performance shows stories of Pearl Harbor and Hiroshima survivors created by Kate Morris. A reception follows with cake and refreshments in Hangar 37. The event is free with museum admission, free to museum members or for \$5 (performance only) admission. Reserve tickets at www.PacificAviationMuseum.org/events/with-their-voices-raised.

•Nov. 11, 10 a.m.: The Wahiawa Lions will hold its annual Veterans Day Parade along California Avenue in Wahiawa. The event is expected to have 45 marching units, 17 vehicles and five bands. The parade will begin at Ka’ala Elementary School and head up California Avenue and end at Fred Wright District Park.

•Nov. 11, 10 a.m.: The Oahu Veterans Council (OVC) will hold its Veterans Day Memorial Ceremony at the National Memorial Cemetery of the Pacific, or Punchbowl, located at 2177 Puowaina Dr., Honolulu. The OVC holds this ceremony every year to honor veterans past and present for their dedicated service to our country.

•Nov. 11, 11 a.m.: The Waianae Veterans of Foreign Wars will host a Veterans Day ceremony at the Piliiaau Army Recreation Cener, Waianae.

•Nov. 11, 1 p.m.: Governor Neil Abercrombie will host the Veterans Day Governor’s Ceremony at the Hawaiian State Veterans Cemetery in Kaneohe. The ceremony is intended to honor and thank all who have served in the U.S. armed forces.

•Nov. 11, Sunset, 4:30 p.m.: The USS Missouri Memorial Veterans Day Ceremony will be conducted on the ship’s fantail at 63 Cowpens St., Honolulu. Complimentary round-trip shuttle service for the event begins at 3:30 p.m. The U.S. Department of Veterans Affairs has selected the USS Missouri to serve as the official regional site to observe Veterans Day.

USAREC challenges NCOs to shape Army

COMMAND SGT. MAJ. RYAN RAZON
Special Operations Recruiting Battalion

Noncommissioned officers seeking tough leadership training, staff interaction skills and improved personal communications abilities should look to a three-year tour in U.S. Army Recruiting Command (USAREC).

Seeking and enlisting the future of our Army comes with many opportunities NCOs may not realize.

USAREC provides unique and focused leadership skills not found anywhere else in the Army. Leading peers away from the home environment is completely different from leading junior enlisted.

Shortly after getting to a recruiting center, unique challenges will accelerate an NCO’s personal development. For many, it will be the first time since graduating high school that he or she will interact with a variety of civilians — primarily teachers, principals, teenagers and their parents.


Recruiters must assure parents that the Army will provide the best training possible, employ their son or daughter with care and professionalism, and get that young person off to a great start in life.

Since USAREC is nationwide, some NCOs will report to remote locations where they and maybe one other are the face of the Army in that community. Some of these locations do not fully reflect our values and beliefs.

An assignment with USAREC provides new experiences and exposes the NCOs to challenges found only in this command.

“Recruiters shape the future of the Army. The NCOs represent the talent, drive and ethics necessary for this duty.”

— Command Sgt. Maj. Ryan Razon
Special Operations Recruiting Battalion



NCOs assigned to USAREC are among the Army’s best. Recruiters must pass background checks associated with an assignment to a “Position of Special Trust.” For that Department of Defense designation, only the top five percent of every military occupational specialty (MOS) can be considered for a three-year recruiting tour.

Recruiters shape the future of the Army. The NCOs represent the talent, drive and ethics necessary for this duty.

Army-selected recruiters may find themselves assigned to the same center from which they enlisted, and they will find that city or town has changed.

Often the recruiter has the largest impact on how Americans view the Army. Every day, recruiters must demonstrate that the Army is a profession of highly skilled and well-disciplined Soldiers, able to serve this nation in any mission.

Finally, the primary mission of USAREC is to achieve mission success or put civilians in

boots. Without the right attributes and applying the correct approach to leading, mission success will not happen on a consistent basis.

A good leader is a great follower first. For many Soldiers, recruiting duty is the first time in many years when they’re a follower.

After a USAREC assignment, an NCO will have a greater appreciation for leading and realize how difficult true leadership can be.

USAREC has evolved from a “mission is everything” command to one that focuses on leader development, teamwork and ensuring NCOs leave the Recruiting Command better than they were when they arrived three years earlier.

A Soldier’s time in USAREC should not be full of anxiety and doubt, but one that takes advantage of the positives.

Displaying professionalism, securing the best Army for the future and development of leadership skills are just a few of the unique opportunities that go along with recruiting America’s future Army.

JOTC: 12-day course offers difficult terrain, hidden dangers

CONTINUED FROM A-1

tralia, Malaysia, Brunei, Okinawa and a number of other places, and what we’ve done is we’ve combined the best elements of those foreign courses into the course here,” he said. “Specifically for JOTC, the training is very regionally focused.”

Training in a jungle environment can challenge students, noted Sgt. 1st. Class Justin Holt, Headquarters and Headquarters Battalion, JOTC platoon sergeant and noncommissioned officer in charge.

“We teach them how to walk through the jungle, and, as easy as that may sound, some terrain is almost impassable,” Holt said. “With that thick vegetation, we have to communicate verbally a lot of times. You’re not going to be able to see a guy even if he is 3 feet in front of you, so you have to trust your leaders, get everybody on line and then execute the ‘react to contact’ safely.”

For some Soldiers, the transition from training and operating in a desert or urban environment to jungle terrain has proven different from what some students are used to.

“It’s not flat ground; it’s up and downhill,” said Pfc. Chad Cartwright, 2nd Cavalry Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th ID. “You can end up seeing the enemy come from anywhere out here.

“We definitely focus a lot on patrolling and how you carry yourself while patrolling,” Cartwright continued. “You really have to keep eyes open, eyes peeled whenever you’re walking around here, because (the terrain) is thick and you have to maintain your situational awareness and focus on every detail.”

The 12-daylong Phase 1 course culminated with an exercise where all jungle skills learned were combined into one final scenario.

“By the end of this, they are not going to be experts. We are introducing a lot of new things to them. In the end, I would like these Soldiers to be more confident in the jun-



JOTC candidates, emerging from the jungle, receive a briefing after moving through rugged terrain and reacting to simulated enemy contacts as part of the 25th ID Lightning Academy's JOTC Phase 1, at the East Range Training Center, Schofield Barracks. Approximately 100 Soldiers attended the course.

gle,” Holt said. “As generic as that may sound and as broad as that may sound, I think that reintroducing them into this jungle environment is just going to make them that much more confident.

“It’s going to give them that motivation when they are out in that jungle, and they are getting rained on, night after night, with little to eat and

little sleep,” Holt explained. “They’ll know they can continue on. They’ll know they can get the mission accomplished.”

Only Tropic Lightning units are currently able to attend the training, but JOTC leadership and instructors hope that their program can be refined and that units from the mainland will eventually be able to attend.

EFMB: Many try, but few succeed

CONTINUED FROM A-1

bastian Coates, medical operations officer, 2nd Bn., 35th Inf. Regiment, 3rd BCT, 25th ID.

According to Coates, it comes down to the attitude the candidates bring with them that will determine whether or not they walk away with the badge.

During the first four days, the EFMB hopefuls went through a standardization week when candidates were shown how they must accomplish every task. These days were the opportunity to refine their skills and build their knowledge before heading into the test week.

After the first five days of testing, only 20 percent still remained, with just one final task between the 46 remaining candidates and the prestigious badge.

The final task, a 12-mile forced road march, carrying a standard load of fighting gear, had to be completed within three hours.

Among the 38 who completed the road march in the allotted time, Senior Airman Chris Bowlds, medical technician, 15th Medical Group, 15th Wing, earned the honor of being an expert field medic. Not many Airmen earn the Army medic badge.

“For the Air Force, it is more about pride and shows us how we measure up to our counterparts in the other services,” said Bowlds.

Those who made the journey through every task and challenge received the EFMB during a graduation ceremony on Weyand Field, Oct. 24.

Stoddard reminded the graduates that they’ve inherited a responsibility to train and develop the next generation of EFMB awardees.

“I ask that you take this responsibility to heart and share the knowledge that has made you successful today,” said Stoddard.



An EFMB candidate drags a simulated casualty to an evacuation point using a Skedco rescue stretcher, Oct. 21.

Army family renders medical aid after traffic accident

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

EWA BEACH — The Army trains Soldiers to live the Warrior Ethos, the Army Values and the Soldier’s Creed, at all times, whether on or off duty, while on post or in their local communities.

The Russetts, a dual-Army couple stationed on Oahu, set the example of living that life, without hesitation, when they immediately took action after witnessing a car hit two pedestrians, here, earlier this month.

Staff Sgt. Michelle Russett, a material accounting manager with 8th Theater Sustainment Command at Fort Shafter, and her husband, Staff Sgt. Jacobs Russett, a counterfire noncommissioned officer with Headquarters and Headquarters Battery, 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, at Schofield Barracks, were surprised with what they saw after wrapping up a family beach day with their 7-year-old daughter and Michelle’s mother, but they soon learned they were more than prepared to act together.

“After we saw it happen, it was all kind of a blur and bits and pieces,” Jacobs said. “I yelled something at my mother-in-law and my wife, got out of the vehicle and ran. I provided whatever aid I could.”

Michelle said, “There was one lady on one side of the car and another pedestrian that got hit on the other. Right away, you could tell they had head injuries. They were bleeding, so we tried to stop the bleeding.”

She said, “Once we had them on the curb, I



Staff Sgt. Jacobs Russett, counterfire NCO, HHB, 2-11th FA Regt., 2nd SBCT, 25th ID, and Staff Sgt. Michelle Russett, material accounting manager, 8th TSC, with their daughter, Autumn, tell their story after the family provided first aid to two pedestrians hit by a car. The Russetts were wrapping up a day at the beach when they witnessed the accident.

also went and talked to the driver to make sure she wasn’t going into shock herself.”

Jacobs said that, despite their quick reactions, both he and Michelle were shaken when they saw the accident happen, but their training took over and they pushed through that feeling to im-

mediately take action.

The two NCOs observed many of the cars driving in the busy area just continued once the light turned green, and that they were the only ones who initially stopped to help.

Not stopping just wasn’t an option for them.

“It was just our natural reaction to help,” Michelle said.

Jacobs credits the Army’s Combat Lifesaver training he’d been through for being able to treat the victims and take care of them until the first responders arrived on the scene.

“One of the women — it was a pretty huge gash — she was bleeding heavily,” Jacobs said. “So my first thought was we can’t move her; let’s stabilize her where she’s at in the road and let’s get a bandage going.”

As other people started to offer their assistance, the two NCOs, both combat veterans, took on leadership roles, supervising the first aid treatment.

Jacobs said, “I started talking to a gentleman who began assisting me, and we didn’t have anything to make a bandage and stop the bleeding, so he ripped his shirt off. I took my undershirt off, and we used that for bandages and kind of cut the pressure on the head wounds until we could stabilize them and get them out of the road. That definitely was the biggest help.”

Once they stabilized the two people, and moved them safely to the curb, Jacobs said he felt confident that they would be OK, and the Russett family waited until Emergency Medical Services arrived to take over.

Both NCOs agreed that their actions have nothing to do with their individual accomplishments in the Army, but instead reflect upon what they’ve learned from others and their training.

They hope their actions serve as an example for their fellow Soldiers and everyone in the community.

Kowari: U.S., Australian, Chinese soldiers encounter big crocodiles in outback

CONTINUED FROM A-1

Phase 2 moved everyone out to the bush and left modern life behind. They learned many skills, including how to make tools, build shelters, purify water and feed themselves, as well as tell time by the position of the sun and navigate the land using the stars at night and the sun during the day.

Phase 3, the survival phase, divided them into two 15-person teams, dropped off in a remote area of the outback, and left to fend for themselves.

“You were down to a bare minimum,” said 1st Lt. Chris Jones, B Company, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th ID. “Each person had 10 meters of fishing line, two hooks, a knife, a multitool, and a water bottle or canteen, and that was it.”

They did have a radio in case of a medical emergency, and each team had a shooter assigned to it.

“We weren’t allowed to go near the water without a shooter,” said 1st Lt. Jordan Ritter, Headquarters and Head-

quarters Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd BCT, 25th ID. “There were 5-meter crocodiles and some 6-meter crocodiles — crocodiles that will literally swallow you whole. A 3-meter crocodile will attack a person and rip off an arm or a leg. A 4-meter crocodile will eat a person. A 5-meter crocodile will swallow you whole and still look for more food.”

The survival phase was divided into two parts: an inland phase and a coastal phase. The inland location was first.

“The most challenging thing in the bush was probably food,” Jones said. “We were able to make fire pretty easily there. We were right on a fresh water stream, so we had our shelter, we

had fire, we had water.”

Ritter’s main job during the survival phase was fishing, but he had success at hunting at the inland location.

“That’s where I caught two kite hawks using fishing line and fishing hooks as a snare,” said Ritter. “I put them in the trees and used part of the fish that I’d caught. They’d swoop down to get the fish and get stuck with the hooks. I’d come through and dispatch them pretty quickly. Then we’d cook them up and eat them.”

On day four, they were “rescued” from their inland location, only to have their helicopter “crash” in a coastal location. Here, survival was still the focus, but the methods were a little different.



Sgt. 1st Class Axel Nieves (left) and PLA Lt. Yang Zhong Hao haul wood to use in a signal fire. The three different army cultures cooperated for survival in the bush for the first time.



Australian Warrant Officer Class 2 David Sudholz (right) from the North West Mobile Force leads personnel from Australia, China and the United States to their camp shortly after their arrival in the remote territory.

“The coastal area was a little bit harder, but the fishing was easier,” Ritter said. “Just outside of our fishing lines, there were crocodiles lined up like cars at a car show trying to take fish from us. There were some big boys out there. Thankfully, we had barriers made, so a crocodile couldn’t run up and just grab you and go back in the water.”

Jones added, “In the coastal phase, it was the heat. There was a small amount of shade, and the sun was extremely hot over there. The humidity was pretty bad, too. And we were up against a brackish river, so we had to desalinate water. We had to be very smart on balancing the work-to-rest ratio to make sure we were accomplishing the work that needed to get done and also not overexerting ourselves and sweating out all of our water.”

Once they were finally “rescued” and had a chance to look back on their experience, both Ritter and Jones found it to be overwhelmingly positive.

“Overall, the whole exercise was a great experience,” said Ritter. “I loved going down there. I loved working with the other soldiers.

“Working with the Australians, working with the Chinese, you just kind of realize everybody is the same across the board,” Ritter continued. “No one is different, regardless of race or gender or where you come from. When you’re out there surviving, everybody is part of the same team.”



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Trick or Treat — The Directorate of Emergency Services will provide an increased security presence in the community tonight during Trick or Treat hours (6-9 p.m.) to ensure all activities are conducted in a safe manner.

Children should carry a flashlight or chemical-light, and wear light-colored clothing or clothing with reflectors.

Military Police will hand out chemical-light souvenirs as darkness falls.



X-rays — Tripler Army Medical Center and the Schofield Barracks Health Clinic Radiology departments will X-ray candy for all eligible personnel.

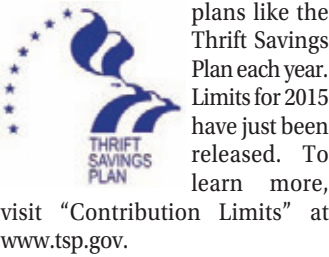
•Families wishing to have their treats examined should report to the TAMC Radiology reception area, 3G, mountainside, 7-9 p.m., Friday.

•Report to Tripler Radiology or Schofield Radiology, Bldg. 685, first floor, any time during the workday of Nov. 1.

The X-raying of candy won't detect non-metals, such as fine particles, liquids, powders or chemical contaminants.

Public Comments — The Clean Water Program needs your input. Participate in U.S. Army Garrison-Hawaii's program to improve water quality. The public comment period began Monday and continues until Nov. 20. Visit www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx.

2015 Contribution Limits — The Internal Revenue Code places specific limits on the amount that you can contribute to employer-



No Aloha Lasers — For the safety of the players and staff, all

laser pointers are prohibited at Aloha Stadium. Anyone found with a laser pointer will be escorted from the property and banned.

Aloha Stadium encourages fans to contact security by texting "ALOHA" to 78247, or call 483-2807 to report activity and location of a situation.



Combined Federal Campaign — The solicitation period for CFC was scheduled to conclude today. However, it was announced, Tuesday, that CFC has been extended to Nov. 14.

The workplace charity campaign is the world's largest and most successful annual fundraiser, with more than 150 CFC national and international campaigns raising millions of dollars each year.

If you already contributed, mahalo! If you're still deciding, please take this time to locate your campaign card and make a pledge!

Online contributions can be made at any time at www.cfc-hawaii.org via a monthly or one-time payroll deduction, or credit card. If you give online, simply return your blank pledge card to your unit CFC representative and say, "I gave online."

No matter what you decide, your pledge card needs to be returned by Nov.14.

Did you know these things:
•One in seven adults in the U.S. are unable to read this sentence? Just \$1 a month can provide educational assistance for one adult.

•Just \$5 a month provides clothing, shoes and other necessities for an individual who has lost everything in a home fire.

•Just \$10 a month provides baby formula for 52 low-income families.

•Just \$20 a month provides veterinary care for six service dogs or shelter animals.

A Hawaii-specific charity list is available. Visit www.cfc-hawaii.org.

21 Million Vets Served —The Department of Veterans Affairs announced this month that it has guaranteed 21 million home loans since the Home Loan Guaranty program was established in 1944 as part of the original Servicemen's Readjustment Act of 1944, better known as the "GI Bill."

Veterans may obtain a certificate



of eligibility for a VA-guaranteed home loan through the joint Department of Defense-VA web portal eBenefits, at <http://www.ebenefits.va.gov>, or by contacting their lender.

For more information about the VA Home Loan Program, visit the program's home page at www.ebenefits.va.gov/homeloans.

November

2 / Sunday

American Indian Heritage — The 9th Mission Support Command will host the American Indian Heritage Month observance at Fort Shafter Flats, 4 p.m. Call the garrison Equal Opportunity adviser at 655-0386.

3 / Monday

Survivor's Scholarship — The VA announced it will begin accepting applications by mail, today, for the Fry Scholarship under newly expanded eligibility criteria to include surviving spouses.

The expanded criteria for the Fry Scholarship is the latest in a series of VA actions to implement provisions of the Veterans Access, Choice and Accountability Act of 2014. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2647.

4 / Tuesday

Election Day — Citizens are reminded to vote today for candidates.



File photo

Exercise your franchise — vote!

6 / Thursday

TARP — Army Threat Awareness and Reporting Program training is offered, three Thursdays each month.

•1st Thursdays, 9 a.m., Bldg. 1554, Fort Shafter Flats.

•2nd Thursdays, 9 a.m., Kaiser Auditorium, Tripler.

•3rd Thursdays, 9 a.m., Post Conference Room, Schofield Barracks.

For November 2014, the second Thursday is Nov. 13; the third Thursday is Nov. 20. This is mandatory annual training. Call 655-1306.

Ongoing

Mammograms — The U.S. Army Health Clinic-Schofield Barracks is now offering walk-in mammograms at its Radiology Clinic, Bldg. 685, first floor, 1-3 p.m., weekdays. Call 433-8355.



Today

Lyman VPC — Construction work on the Lyman Vehicle Processing Center is expected to be concluded by close of business. Drivers are encouraged to use alternate gate entrances during this period to help reduce traffic congestion.

Lauhala — There will be a one-lane closure near the entrance to Wheeler's Wili Wili housing for utility installation. The area north of Wili Wili housing and old Airdrome Road will be restricted to one-lane traffic until 3:30 p.m.



Lauhala Road work that began on Wheeler Army Airfield, Monday, is expected to conclude this evening.

Paalaa Uka Pupukea — The second phase of construction that began yesterday, causing lane closures on Paalaa Uka Pupukea Road, Helemano Military Reservation, will continue through Nov. 7th. All vehicles will be contra flowed into the open lane while entering or exiting HMR via traffic signal lights (see map below).



Paalaa Uka Pupukea Road construction, noted above, and the power outage on Mellichamp Road for traffic signal installation, below, are both shown in this Directorate of Public Works satellite photo.

November

1 / Saturday

Power Outage — Schofield's Mellichamp Road will experience a power outage, 7 a.m.-4 p.m., to install traffic signals (see map above).

The location of the outage is only a best estimate. The extent of the area may increase. Structures near the area should be prepared for an outage in this event.

11 / Tuesday

Kahauiki Kontinues — Beginning Veterans Day, 24 hour, one-lane closures are scheduled at the Kahauiki Stream Bridge. Intermittent, hour-long, full-bridge closures will also take

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

place, 9 a.m.-5:30 p.m.

Closures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge. The next day of intermittent closures takes place Nov. 27.

This project will continue with intermittent closures until Feb. 16, 2015; see future Traffic Reports for updates.

Bonney Repaving — There will be lane closures at Fort Shafter's Bonney Loop, between Funston Road and the corner at Bldg. 515, in order to repave the road. Traffic will be one way for the lane that remains open.

The lane closures will be performed weekdays, 7 a.m.-4 p.m, until Nov. 17 (excluding Veterans Day).

22 / Saturday

Modified Traffic Flow — Both outbound lanes on Trimble Road (PT side) will be closed, 6:30-8 p.m., to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheridan to Mellichamp Street. Call 656-5369.

Ongoing

TAMC Traffic — Tripler Army Medical Center initiated a traffic pattern change. Now, weekdays (excluding holidays), 2-5 p.m., the merge at the gate is located after the speed bumps on Krukowski Road, and the left lane for outbound traffic begins after the traffic board.

AMR Closures — Aliamanu Military Reservation will have several traffic modifications, at Skyview Loop and Aliamanu Drive for underground utilities work. All work will be done 8 a.m.-4:30 p.m.

•Aliamanu Drive between Ama and Okamura Street will have one-lane traffic control between Ama and Okamura until Dec.1.

•Aliamanu Drive will be completely closed between Okamura and Rim Loop, Dec. 2, 2014-Feb. 2, 2015.

Road Closed — There will be full road closures at Fort Shafter Flats' Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28, 2015.

PAU HANA

"When work is finished."



Children celebrate Halloween early Tuesday evening at Halloween Bedtime Stories at Sgt. Yano Library. From left, Alana McWhorter, 9, dressed as Cleopatra; Tyson McWhorter, 7, dressed as the Teenage Mutant Ninja Turtle Leonardo; Iliana Rangel, 8, holds a treat bag she decorated with stickers; Benji Harper, 9, dressed as Darth Vader; and Cayden Wallace, 5, dressed as a Storm Trooper. (Photos have been altered from their original form; background elements have been removed.)

Installation trick or treat safety reminders offered

DIRECTORATE OF EMERGENCY SERVICES U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Parents and Halloween trick-or-treaters can expect increased security for all U.S. Army Garrison-Hawaii community housing tonight, Oct. 31, during authorized trick or treat hours, 6-9 p.m.

Military and Department of the Army civilian police will be working together to ensure all activities are conducted in a safe manner.

Community members are encouraged to approach any military or DA police officer with issues and concerns.

Safety reminders

Parents are strongly encouraged to have children carry a flashlight or a chemical-light. Parents should dress children in light-colored clothing or sew reflectors on dark clothing.

Military Police will hand out chemical-light souvenirs to children over the course of the evening.

Other safety precautions include these:

- Wait for proper traffic signals and stay on the sidewalk, whenever possible.
- If there is no sidewalk, walk on the left side of the roadway facing traffic.
- Look both ways before crossing the street and

use crosswalks.

- Never enter vehicles or homes when invited by a stranger.

Halloween participation

Residents not participating should indicate so by placing a "SORRY NO TRICK OR TREATING HERE" sign on their door.

Directorate of Emergency Services officials also recommend that parents

advise their children if no one opens a door after one or two knocks or rings to move on to the next residence.

Installation child supervision policies

During this event, parents are reminded to abide by USAG-HI Policy #34-Child Supervision, which states the following:

- Children under the age of 10 require an adult escort.
- Children 13 years of age and younger must be inside their or a friend's residence by 9 p.m.
- Children 14-17 years of age must be inside their or a friend's residence by 10 p.m.

Exceptions apply when children are under the direct supervision of a parent, guardian or a family member 18 years of age or older or returning from a community facility, installation activity, a youth service program or from paid employment.

Candy X-ray precaution

Tripler Army Medical Center and the Schofield Barracks Health Clinic Radiology departments will X-ray candy for all eligible personnel.

•Families wishing to have their treats examined should report to the TAMC Radiology reception area, 3G, mountainside, 7-9 p.m., Friday.

•Report to Tripler Radiology or Schofield Radiology (Bldg. 685, first floor) any time during the workday of Nov. 1 (from 7 a.m.-6:30 p.m.).

The X-raying of candy won't detect non-metals, such as fine particles, liquids, powders or chemical contaminants.



Photos by Amy Nogami, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii



At far left, librarian Janet Howard, left, and Nicole Wallace, a library and information science student from the University of Hawaii-Manoa, read to children at Halloween Bedtime Stories (right) at Sgt. Yano Library, Tuesday evening.

Halloween Happenings

Today

Schofield Trick or Treating

— The Exchange at Schofield Barracks is hosting a trick or treating event with face painting from 4-6 p.m. Call the Exchange at 622-1773.

Fangtastic Fest — Ward Village is hosting a costume contest, mall-wide trick or treating and a special Court-yard Cinema screening of "Hotel Transylvania."

The event is 6-8 p.m. at Ward Village Courtyard, 1240 Ala Moana Blvd. It's free, but seating is limited.

Halloween Bash — Enjoy trick or treating, carnival games, food and costume contests from 6-8 p.m. at Momilani Community Center, 715 Hoomoana St. Free and open to the public.

Gotham Masquerade — The theme of Restaurant Row's third annual Halloween Block Party celebrates the most infamous city in fictional literature from 9 p.m.-4 a.m. at Restaurant Row, 500 Ala Moana Blvd. Tickets are \$20. Must be 21 or older to attend.

Nightmare at Dole Plantation 2 — Dole Plantation is transforming from family friendly to ultra spooky 7-11 p.m. Four separate attractions occur:

- Warehouse 31, a classic haunted house that explores one woman's chilling tale.
- Haunted Train, a train ride accompanied by chilling ghost stories by Lopaka Kapanui.
- Coulrophobia, a labyrinth featuring killer clowns.
- The Trail of Terror, a dark and terrifying maze that may have no escape.

Children under 13 must be accompanied by an adult. Costs \$11 per attraction. Visit www.dole-plantation.com.

Haunted Garage — The Honolulu Academy of Performing Arts is hosting its four-day fundraiser with a Halloween theme. Stop by for any of the following events:

- A screening of the 1975 cult classic "The Rocky Horror Picture Show," 8 p.m., Oct. 31; 11 p.m., Nov. 1-4. Tickets are \$15 online and \$20 at the door.

•A Halloween dance party with music by Anton Glamb and Rooks Royal, 10 p.m.-12:30 a.m., Oct. 31. Tickets are \$50 online and \$65 at the door.

•A Day of the Dead Cocktail Party, featuring DJs, a mariachi band and performances by the dance theatre company Waterfall Monkey, 8-10 p.m., Nov. 1. Tickets are \$15 online and \$20 at the door. Visit www.artsatmarks.com.

The Great Pumpkin Hunt — Visit Windward Mall, 46-056 Kamehameha Hwy., and search for five hidden pumpkins. Enter the code

on the pumpkin on the mall's Facebook page and be eligible to win \$300 in gift cards from participating merchants.

The contest ends Oct. 31. Visit www.windwardmall.com/event/the-great-pumpkin-hunt and www.facebook.com/WindwardMall.

Boo in the Zoo — A family friendly event that includes a costume contest, a haunted house, crafts, food and drinks from 5:30-8:30 p.m. at the Honolulu Zoo. Tickets are \$5 at the door.

Children 2 years old and younger get in free. No presale tickets available. Call 971-7195.

Happy Haunting

Wander through a miniature pumpkin patch and go trick or treating from 5-7 p.m. at Kapolei Shopping Center, 590 Farington Hwy.

Halloween Spooktacular

Dress and load up on treats from participating merchants at Pearlridge Center and stick around for performances by Chris Da Clown and Mad Science, 5:30-8 p.m. Visit www.pearlridgeonline.com/events.

Nightmare on Beretania Street

Celebrate Halloween with a nod to a classic horror film at the Honolulu Museum of Art, 2411 Makiki Heights Dr. There will be a haunted maze, a monster mash, face painting, a costume contest, food and drinks from 6-9 p.m. Visit www.honoluluuseum.org.

Trick or Treating at Ala Moana

Merchants at the state's largest shopping center will be handing out treats to children dressed up for Halloween. Participating merchants will also be offering in-store specials from 5-7 p.m. Visit www.alamoanacenter.com/events.

Halloween Treats — No tricks, but lots of treats for the community! All children in costume will receive a treat when they stop by any Island Palm Communities community center between 3-4:30 p.m., while supplies last. Call 275-3159.

IT'S NO TRICK, HALLOWEEN TREATS

The Schofield Food Court is offering discounted children's meals on Halloween.



Briefs

Today
EDGE Home School Art Program — CYS registered youth and teens, grades 1-12, bring your creative side to the SB Arts & Crafts Center. Create your own wire art (Twisteez Mask). Fee is \$15. Call 655-9818.

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food at SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill every last Friday of the month. Call SB at 655-4466 or FS at 438-1974.

USARPAC Pay Day Scramble — Celebrate payday the golf way at FS Nagorski Golf Course. Play in the scramble every last Friday of the month. Registration for the 18-hole tournament is \$5 per player paid to the scramble POC at the course. Call 438-9587.

Zombie Apocalypse — Enter if you dare. Enjoy a night full of bowling fun and all night entertainment from Dynamic Sounds at SB bowling center. Games, spooks and scares will abound. Come out in your zombie costume to participate in the “Best Zombie” costume contest and win a prize. Cover charge for buffet, served from 8-11 p.m., is \$15; without buffet is \$5. This event is for 18 and over. Call 655-0573.

3 / Monday
Family Bowling Night — Join SB Bowling Center every first Monday for Family Bowling Night. Cost is \$50 for a family (up to five people); includes two hours of bowling, shoes, one large pizza and one pitcher of soda. •Open to active duty and veteran military families. •Limited availability; reservations required by close of night before requested date.

4 / Tuesday
Signing Story Time — SB Sgt. Yano Library will host a very special Signing Story Time for children from 6-6:45 p.m. Several children’s books in English and American Sign Language (ASL) will be read. Learn a few phrases in ASL and make a fun craft. Call 655-8002.



Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Flu Vaccines — U.S. Army Health Clinic-SB flu vaccines are now available for authorized patrons. Schofield Family Medicine flu immunizations are provided for Red, White and Blue Family Medicine teams. •From 7:30-11:30 a.m., Monday-Friday. •From 1-3 p.m., Monday and Friday. •From 1-2 p.m., Tuesdays through Thursdays. •From 7:30-11:30 a.m., and 1-5:30 p.m., Wednesdays, through Jan. 15, 2015, for Family Medicine Red Team. Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and every afternoon 1-3 p.m., except Wednesday, or with any scheduled appointment.

November 1 / Saturday
Hale Kula Fall Festival — An-

SOLOMON ELEMENTARY PIG-KISSING



Photos by Wendy Nakasone, School Liaison Office; Child, Youth and School Support Services; Directorate of Family and Morale, Welfare and Recreation.

Above — Kama the Surfing Pig is introduced to students at the Solomon Elementary School Cafeteria, Tuesday.

Three pigs made appearances at Solomon as part of a first-grade reading challenge made by Principal Sally Omalza (top, left).

Kama's owner, Kai Holt, stands by to assist the principal.

Left — Principal Sally Omalza kisses a pig friend of Kama the Surfing Pig, Tuesday, in the school cafeteria.

Omalza had challenged her first-graders to read 1,000 books and promised to kiss a pig if they met her goal.

The students won the challenge and reportedly enjoyed watching the pig-kissing.

5 / Wednesday
Climbing — Come learn the basic technique and skills to be safe. Overcome any route and improve overall climbing abilities with Outdoor Recreation. Open to patrons ages 10 and over. Class will be held at the SB Health and Fitness Center. Cost is \$15, per person. Available sessions are 1:30-3 p.m., Nov. 5 & 19; 5:30-7 p.m., Nov. 6 & 20. Call 655-0143.
FRG Gift Wrapping — FMWR will be accepting hard copy requests through Nov. 5, in-person, at 350 Eastman Road, Bldg. 547, WAAF, for participation in the 2014 FRG Gift Wrapping Program. The annual holiday gift-wrapping fundraiser will be at the SB Main Exchange and FS Market. Requests will not be accepted over the telephone, via email or by fax. View the info memo at www.himwr

.com/special-events/latest-news-and-special-events/item/1237-frg-gift-wrapping-fundraiser-program. Call 656-0129.

7 / Friday
EDGE Home School Art Program — CYS registered youth and teens, grades 1-12, bring your creative side to the SB Arts & Crafts Center. Build your own ukulele and learn to sand, varnish and decorate your own design during the three-day workshop, Nov. 7, 14 & 21 for \$35. Call 655-9818.

Salsa Night — Come and enjoy salsa dancing, 9 p.m.-2 a.m., at SB Tropics Recreation Center. Live music all night long.

8 / Saturday
Casino Night — Come and enjoy Casino Night, 9 p.m.-2 a.m., at SB-Tropics Recreation Center. Games in-

clude blackjack, poker and a dice table. Call 655-5698 or 655-5697.

Ongoing

Pau Hana Social Hour — After work, come and enjoy a fun time with friends at SB Kolekole Bar & Grill. Enjoy discounted appetizers and domestic draft beer. Days are Mondays, Tuesdays and Wednesdays, 4:30-6:30 p.m., and Thursdays and Fridays, 4-6 p.m. Call 655-4466.

Sand Volleyball — Join this popular weekly competition at the SB Tropics Recreation Center every Monday. Game starts at 6 p.m. Call 655-5698.

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities

See MWR B-5

nual community event, 1-5 p.m., features games, food and entertainment from the 25th Infantry Division band and a costume parade. Game tickets are only 25 cents each.

Safe Communities — Celebrate the Safe Communities event at Lee-ward Community College from 9 a.m.-3 p.m., Nov. 1. Discussion topics include fraud aware-



9256.

University of Hawaii Football — Rainbow Warriors face off against the Utah State Aggies. Kickoff is at 5 p.m., Nov. 1, at Aloha Stadium in a Mountain West Conference game. For this game only, military discounts of 50 percent, for selected seats, can be purchased only at the Aloha Stadium ticket office, which is open 9 a.m.-5 p.m. Monday-Friday, and beginning at 1 p.m. on game day. The Aloha Stadium Swap Meet & Marketplace will not be in operation on game day, but will reopen at 6:30 a.m., Sunday.

6 / Thursday
Story Time — Toddlers and their parents are invited to listen to a story and take part in a craft activity following the reading at the Helemano Community Center at 9:30 a.m. Call 275-3159.

PBS Salute — “A Salute to the Troops: In Performance at the White House” is a PBS music special from the South Lawn of the White House on Nov. 6. President and Mrs. Obama will host the event in advance of Veterans Day and as part of the White House “Joining Forces” initiative, with an all-star tribute to the men and women who serve the U.S. Check your TV schedule for the time.

7 / Friday
Sea Dragon Cup — The 94th Army Air and Missile Defense Command’s golf tournament is at 11 a.m. at Mamala Bay Golf Course, Joint Base Pearl Harbor-Hickam. Call Capt. Andrew Lee at 438-2908, Sgt. Maj. Greg Hampton at 438-2909 or Capt. Cameron Smith at 438-5027.

8 / Saturday
Chocolate Extravaganza — This 12th annual all-you-can-eat chocolate buffet and auction is at 6:30-9 p.m. at Emmanuel Church, 780 Keolu Dr. in Kailua. Proceeds

from the event will be shared with Family Promise of Hawaii, a local nonprofit dedicated to helping families with children escape homelessness. General admission tickets are \$25, per person, or \$30, at the door. Keiki ages 6 and under are admitted free of charge. Presale tickets are available online at www.emmanuelkailua.com/chocolate-extravaganza or call 262-4548.

Sea Life Park — Attend the 50th anniversary Family Fun Day at Sea Life Park, Nov. 8. Celebrate the major milestone with rollback admission of \$2.64, the same price paid when the park opened in 1964. Come from 10:30 a.m.-7 p.m. at 41-202 Kalanianaʻole Hwy., Waimanalo. Call 259-2500. Visit www.SeaLifeParkHawaii.com.

Family Movie Night — Enjoy a free movie in the great outdoors with IPC at its Helemano Community Center, Nov. 8. Food trucks will offer food for purchase beginning at 5 p.m. Movie starts at 6 p.m. Bring your blankets, mats or low-sitting lawn chairs. Call 275-3159.

See Community Calendar B-7



Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at Wheeler Annex

Protestant Worship
•Sunday Services
- 9 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF



This Week at the Movies

Sgt. Smith Theater
Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Annabelle (R)
Fri., Oct. 31, 7 p.m.
Sat., Nov. 1, 6 p.m.
Thurs., Nov. 6, 7 p.m.

The Boxtrolls (PG)
Sat., Nov. 1, 2 p.m.



Guardians of the Galaxy (PG-13)
Sun., Nov. 2, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks

Powerhouse singing wins Operation Rising Star

TASHIKA DIXON
Directorate of Family and Morale
Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Pvt. 2nd Class Amber Duncan brought down the Nehelani, Tuesday, at U.S. Army Garrison-Hawaii’s “Operation Rising Star” finals.

Her soulful and harmonious voice earned her \$500 and victory at the “American Idol”-style competition.

She now qualifies to compete with singers from Army garrisons around the world.

More than 100 attended the finals to witness Duncan’s victory.

Duncan had her very own exhilarating and encouraging section made up of Soldiers from her Headquarters and Headquarters Company, 2nd Battalion, 25th Aviation Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division unit.

In fact, her unit’s cheering and vocal support that followed each of her

performances earned it the Spirit Award for most supportive unit.

The unit also received \$300 toward its family readiness group unit fund.

Evolving talent

“She still has a lot to learn; however, (she) has the potential to be a powerhouse singer, a young and absolutely beautiful singer. She can only get better with time,” said Bennie James of Royal Events, one of the three professionals judging the competition.

Local singer and fellow judge Melanie Kaneaiakala said Duncan was a shoo-in to be selected for the Armywide finals of “Operation Rising Star.”

“She was my favorite from the audition,” Kaneaiakala said. “She blew me away at the semifinals and finals. I wish her nothing but the best. I know she’ll be better and better. I can’t wait to buy her CD.”

“**S**he still has a lot to learn; however, (she) has the potential to be a powerhouse singer, a young and absolutely beautiful singer.”

— **Bennie James**
Royal Events

Duncan is now eligible to be one of the six finalists to compete in the televised 2014 Armywide Operation Rising Star finals in San Antonio, Texas. The winning contestant of the 2014 Operation Rising Star finals and a guest will receive an all-expense paid trip to record a three-song CD.



Pvt. 2nd Class Amber Duncan, HHC, 2-25th Avn. Regt., 2nd SBCT, 25th ID, wins \$500 and first place in the USAG-HI "Operation Rising Star" finals, Tuesday.

Duncan has been singing since she was 5 years old and has been influenced primarily by the late powerhouse vocalist Whitney Houston.

“Music has played an important part in my life by being my get-away,” said Duncan, who has taken

vocal lessons for about a year and competed in several talent shows.

“When I’m in need for a major calming retreat from the day-to-day happenings of living, music is my life!”



Photos by Allan Criss, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii

Participants and unit supporters celebrate after the finish of USAG-HI's "Operation Rising Star" finals at the Nehelani, Tuesday. HHC, 2-25th Avn. Regt., 2nd SBCT, 25th ID, received \$300 and the Spirit Award for the unit showing the most impressive audience support.

2014 Results
☆ **1st place**, \$500 winner, Pvt. 2nd Class Amber Duncan, HHC, 2-25th Avn. Regt., 2nd SBCT, 25th ID
☆ **2nd place**, \$250 winner, Karlette Beasley, spouse
☆ **3rd place**, \$100 winner, Pvt. 2nd Class Shannen McDonald, 205th Military Intelligence Battalion, 500th MI Brigade
The top three finalists were selected by a panel of professional judges: DJ B-Eazy, Bennie James of Royal Events and Melanie Kaneaiakala.

Streaming Video Finals
Mark your calendars, for the televised Operation Rising Star Finals and be sure to vote for our very own Duncan. Visit www.oprisingstar.com.
Round 1: Dec. 7 @ 3 a.m. HST
Round 2: Dec. 9 @ 3 a.m. HST
Round 3: Dec. 11 @ 3 a.m. HST

READY FOR THE HOLIDAYS?

Commissary readies holiday grocery gift cards

KEVIN L. ROBINSON
Defense Commissary Agency

FORT LEE, Virginia — As the calendar flips toward the holidays, the Commissary Gift Card is always a viable option for anyone wishing to support their loved ones in the military community, said the Defense Commissary Agency’s senior enlisted adviser to the director.



File photo

Take the stress out of Christmas shopping by getting some gift cards.

“The Commissary Gift Card is a wonderful way for anyone to help spread the gift of groceries, whether it’s the holidays or any time of year,” said Air Force Command Chief Master Sgt. Stuart M. Allison. “The gift card can be sent by anyone for any authorized patron conveniently and quickly.”

Commissary Gift Cards come in denominations of \$25 and \$50. The gift card can be used to pay for all in-store purchases or customers can use multiple forms of payments and coupons along with the gift card.

Gift cards cannot be redeemed for cash, and customers will not be able to receive change for any unused amount left on the card. With its declining balance, the gift card is used until it is “zeroed out.”

Since DeCA began the gift card program in June 2011, commissaries have sold nearly 470,000 cards worth nearly \$16 million, said Bob Bunch, gift card program manager.

“A lot of families and friends of service members have used Commissary Gift Cards because they’re a quick and easy way to show support,” Bunch said. “Organizations routinely use them, especially during the holidays, to help military families in need.”

More on the gift card

Here are some Commissary Gift Card quick facts:

- Gift cards are available at all commissaries worldwide, on a rack at full service, front-end registers, as well as through the DeCA website.
- The cards expire five years from the date of purchase.
- Commissary Gift Cards purchased online incur a shipping and handling fee. These fees are not assessed, however, when the card is purchased in a store.
- There is no limit to the number of gifts cards that a purchaser can buy. However, DeCA officials recommend organizations and activities consider purchasing their gifts cards online if they plan to purchase more than 50 cards at a time.

•Commissary Gift Cards can be shipped anywhere in the U.S. When shipping outside the U.S., an APO, FPO or DPO address must be used.

•Customers who still have unused gift vouchers, the precursor to the gift card, may still redeem them through Aug. 31, 2016, regardless of the expiration date printed on it. After this date, DeCA will no longer ac-



Online Resources

To see a video and graphics related to Commissary Gift Cards, visit www.flickr.com/photos/commissary/sets/72157648789243701.

To check the gift card balance, visit www.commissaries.com, click on “Shopping,” then “Gift Cards” and then the “Check your balance” box.

For customer service questions, call (877) 988-4438, which is also found on the back of the gift card. Customers can also use this number to check the balance on their card.

Anyone can purchase a card for an authorized patron either at a commissary or online at www.commissaries.com.



File photo

Commissary gift cards have proven a popular gift, selling nearly \$16 million since 2011.

cept gift vouchers as a form of payment. “In the military, we pride ourselves on ‘taking care of our own,’ ” Allison said. “Well, with the Commissary Gift Cards, anyone can use these cards to help make the holidays a little brighter for our military and their families.”

One spouse ponders the resume ‘gap’ predicament

All my regular tables in the loft of the Starbucks are taken, so I grab the only available seat downstairs, a barstool right beside the rest rooms.

I have work to do, but before I start, I spend the requisite amount of time dawdling — staring out the window, cleaning crumpled gum wrappers out of my purse, checking email on my laptop, people-watching.

Although I would normally procrastinate in this way for at least a half-hour, I decide that people-watching beside the toilets is decidedly less entertaining than it is from the upstairs loft and, therefore, not worth the effort.

I open a blank document, and breathe a great big sigh. You’ve been a stay-at-home military spouse for a long time. The kids are old enough now. It’s time to find a paying job.

I type “RESUME (hit return) ... Lisa Smith Molinari.” I key onto the top center of the page.

I pick up steam, quickly tapping out my address, phone number and email, adding aesthetically pleasing fonts, underlining and bold. After a few thumps on the return key, I type “EDUCATION” and enjoy a trip down memory lane to the ivy-tangled, Georgian architecture of Miami of Ohio, and the endless racks of thick casebooks at Thomas Cooley Law School in Michigan.

I add “law review” and “cum laude,” feeling a surge of confidence. Ah, that wasn’t so bad, I think to myself, onto the next section.

No sooner do I bold and underline the heading “WORK EXPERIENCE,” when my hands begin to tremble. It’s just the caffeine, I tell myself, and then strain to recall the details of my last paying job.



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

Despite gaps in my job history I have always exemplified hard work and dedication, whether as a lawyer, writer, volunteer, mother or military spouse.

Hmm. Let’s see now. Was it 1995 when I worked for that law firm in California while Francis was assigned to the Naval Postgraduate School? Seriously? I can’t put a job from almost two decades ago on my resume. I’ll be a laughing stock!

I realize that, since marrying my Navy husband in 1993, I have nothing to put in my resume for “work experience,” except a few short-lived legal jobs between military moves.

Recognizing that my Vente Skinny Vanilla Latte has nothing to do with my trembling hands, I press on, trying my best to make 20 years as a stay-at-home military mom read like a thriving professional career.

As I fill my work experience gap with various volunteer and freelance jobs I’ve had through



File photo

Dealing with a large resume gap is a concern for spouses, like the author, returning to work.

the years, I “tsk” at how unfair the working world can be to military spouses.

For most of us, managing our families through multiple moves, hardships, deployments and constant change is the most challenging “work experience” we’ve ever had. Despite the bonbons and soap operas stereotypes, any spouse who has successfully managed a three children and one sloppy labradoodle household — and all the deployments, broken hot water heaters, clogged gutters, orthodontist appointments and parent-teacher conferences that come with it — is most definitely worthy of gainful employment.

I resist the urge to add the cutesy cliché “Domestic Engineer” in hopes that potential employers will respect me for putting my own career aside to help my husband serve his country. Instead, under the heading “REMARKS,” I write, “Despite gaps in my job history, I have always exemplified hard work and dedication, whether as a lawyer, writer, volunteer, mother or military spouse,” and then pound the period button with a self-righteous poke.

I’ve been working hard for 20 years at the uniquely challenging job of being a military spouse, and perhaps that’s the kind of experience that just can’t be described on paper.



File photo

Listing “Domestic Engineer” was a consideration by the author as a job description.

Finished with my resume and my latte, I close my laptop with a steady hand, and hope that there are employers out there who won’t mind the gap.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



USE
YOUR
HEAD
WEAR A
HELMET

100+ receive ACS resume training

Story and photos by
ROBIN SHERROD
Directorate of Family and Morale,
Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Whether you are a Soldier getting ready to transition from the Army, a military spouse desiring to find employment or a Department of the Army civilian seeking employment advancement, the process of finding a job begins with having a winning federal resume.

More than 125 Soldiers and family members attended a special federal resume seminar hosted by the Army Community Service's Employment Readiness entitled "10 Steps to a Federal Job Search" at the Nehelani, Oct. 22.



Kathryn Troutman, resume writing expert and creator of the 10 Steps to Federal Job Search Trainer Certification, speaks at the Nehelani, Oct. 22.

Federal resume writing navigation

Understanding the complexities of federal resume writing is crucial to anyone seeking a federal job. Many people sit down at the computer and conduct a federal job search, then find the perfect job they know they are qualified for, only to become frustrated when they have to write their federal resume.

An additional level of stress and frustration can grow after several applications have been made without the result of a job referral.

To help alleviate this level of anxiety and stress, Kathryn Troutman, resume writing expert and creator of the 10 Steps to Federal Job Search Trainer Certification, instructed seminar participants on how to navigate the federal resume system to better position themselves for successful transition into the federal workforce.

Troutman provided solid advice to all in attendance, which included a couple of major points.

"First, the biggest myth in federal hiring is that the USAJOBS system is an automated keywords system," said Troutman. "USAJOBS

“Many federal job seekers also use one resume to apply for multiple types of positions; (however) each resume should contain the keywords and KSAs (knowledge, skills and abilities) for each position.”

— Kathryn Troutman
Resume writing expert, creator of the 10 Steps to Federal Job Search Trainer Certification

resumes are read by human HR specialists.

"Many federal job seekers also use one resume to apply for multiple types of positions," Troutman continued. "(However,) each resume should contain the keywords and KSAs (knowledge, skills and abilities) for each position."

Personal experience

As a retiring Soldier, when I had to write my first federal resume, I just looked at the computer screen and scratched my head. It took me a week to finally formulate something.

I conducted Internet searches for federal resume samples and guidance, only to become even more confused. I made a promise to myself, at that moment, that once I learned the inner workings of writing a winning federal resume, I would ensure I paid it forward to share with others.

This quest and passion has resulted in my obtaining the Certified Federal Job Search Training (CFJST) Certification and that I provide effective Federal Resume Writing seminars and classes to our community.

The ACS Employment Readiness Program's mission is to assist individuals in acquiring skills, networks and resources that will allow them to participate in the work force and to develop a career/work plan.




Soldiers, military spouses and Department of the Army civilians receive instruction about how to develop a federal resume.

Another briefing included Brian Mykel from the Department of Labor, Federal Contract Compliance Office. He educated the audience on the Vietnam Era Veterans' Readjustment Assistance Act (VEVRAA).

VEVRAA requires employers doing business with the federal government to take affirmative action to recruit, hire and promote categories of veterans covered by the law, including disabled veterans and recently separated veterans.

(Note: Sherrod works with ACS' Financial and Employment Readiness at FMWR.)



The Boots to Business seminars, provided by Army Community Service, offer job-finding tips and strategies.

Training Classes

For more information on upcoming employment classes, such as Certified Federal Resume Writing (a two-day, half-day workshop), Civilian Resume Training and the Boots to Business seminar, visit www.himwr.com/acs.

Briefs

CONTINUED FROM B-2

for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.
- South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday.

Call 655-1130.

NFL Sunday Ticket — Don't let living off the West Coast interfere with those East Coast football games. Come to SB Tropics Recreation Center on Sundays and catch all the games. Facility opens half hour before the first game starts. Patrons 18 and older welcome. Call 655-5698.

NFL Sunday Ticket Family Brunch — Are you ready for some football? Bring the family out and watch all of your favorite teams play at SB Kolekole Bar & Grill every Sunday during football season through Super Bowl Sunday to watch the games.

Doors open 1/2 hour before kickoff of first game. Fun games and prizes all morning long.

Brunch will be served at \$16.95/adult and \$7.95/child. Call 655-4466.

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95, per person, at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill. Order off the menu or help yourself to the delectable, multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

Review menus at www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet and www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu for the week's current lunch specials.

CYS Services — The USAG-HI School Liaison Office has opened an office at AMR. Office hours are Tuesdays and Thursdays, 9 a.m.-4 p.m; located in Bldg. 1782, next to the SKIES studio.

MAKING A DIFFERENCE



Photos by Kathleen Ramsden, Tropic Lightning Museum

Soldiers from the 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, volunteer their time to clean the M-167 A/2W/E Vulcan Air Defense System and the M-4A3E8 Medium Sherman tank, two of the five macro-artifacts on display at the Tropic Lightning Museum, on Make A Difference Day, Oct. 25. MADD, which was created in 1992 by USA Weekend magazine, is the largest-single day of volunteering in the nation.

Good medication habits a health-literacy reminder

TRICARE
News Release

October is the Military Health System’s Health Literacy month, an opportunity for members of the military and other TRICARE beneficiaries to take stock of their medication habits.

Far too many people practice poor medication adherence, which means they don’t take their medications the way their doctor recommends.

Following your doctor’s instructions is the best way to ensure your medication works as intended.

Where to begin
Medication adherence starts with filling the

prescription from your doctor.

“A surprising number of patients never actually take the step of picking up their prescription,” said Dr. George Jones, chief of the Defense Health Agency Pharmacy Division. “If you don’t get your meds, you never see any benefit. The least effective pill your doctor prescribes is the one you never take.”

Other important pieces of medication adherence are taking the correct dose at the correct frequency, and taking the full course of medication instead of stopping early.

Taking too much of a medication is a dangerous case of poor medication adherence.

“Poor medication adherence often isn’t

intentional,” said Jones. “Some people just forget to pick up their medication or to take their dose.”

Learn to ask

There are simple ways to practice good adherence.

“Ask your doctor or pharmacist to explain the directions again if you didn’t understand them the first time,” said Jones. “And it’s al-

ways a good idea to write down any additional or special instructions, so you don’t forget once you get home.”

Be sure and follow all the directions and supplemental labels on your medication bottle.

If you use a medication regularly for a chronic condition, you may be able to use TRICARE Pharmacy Home Delivery, which offers automatic refills to make sure you don’t run out of your medication.



File photo

Learning to take medication, according to your doctor’s instructions, is essential to receiving proper health benefits.

PERFORMANCE TRIAD

‘Challenge’ reaches week 22

U.S. Army Garrison-Hawaii
Public Affairs

The 26-week Performance Triad challenge now enters the home stretch.

There are still many tips and insights to help meet sleep, activity and nutrition goals.

Sleep Goal
Establish a “wind-down” routine for bedtime.

Nutrition insights

For ways to reduce salt intake, visit www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf.

For recipe ideas, visit the Food, Nutrition and Consumer Services recipe box at www.fns.usda.gov/fncs-recipe-box.

Activity Goal
Don’t feel like going to a gym or leaving your home? Pop in an exercise DVD or find a quick in-home workout.

Nutrition Goal
Use spices like garlic, lemon juice and herbs to flavor food. Try to avoid adding salt when cooking.



File photo

Garlic offers a healthy alternative to salt.

‘Cacti’ Soldier takes IRONMAN silver

1ST LT. LOREN BELL
3rd Brigade Combat Team
25th Infantry Division

CORONADO, California — A Soldier from the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, had a unique opportunity to prove that goals can be achieved through what he described as “hard work and dedication.”

1st Lt. Travis Kaufman, physician assistant, placed 11th overall in the “SUPER-

FROG Triathlon” IRONMAN, with a 2nd place finish in the military division.

Originally established by U.S. Navy Seals, the triathlon consisted of a 1.2-mile swim through bone-chilling open ocean, a 56-mile bike course and a 13.1-mile run.

“When I arrived in San Diego, two days before the race, I scoped out the course and immediately noted the 6- to 8-foot swells and choppy surf of the cold Pacific Ocean,” said Kaufman.

When the race finally began, Kaufman quickly put aside the challenges of the extreme environment and focused on the task at hand.

“I knew it was going to be a fight to get through the rough surf, but when the starting gun went off, it was go time and I dove into the waves,” Kaufman said. “The surf was crushing my stroke, and it seemed as if I would never reach the first buoy, but once I passed the surf, it was smooth sailing.”

After completing the swim, Kaufman still had two difficult challenges ahead of him, but the idea of earning a slot at the IRONMAN World Championship motivated him to keep pushing hard.

When Kaufman hit the beach, he found that the sand made for a grueling run to the bike transition.

“I spent most of the 56-mile bike ride feeling like I was a sugar cookie from all the sand that was caked on me from the beach,” he said.

After a smooth transition from the bike to the running event, Kaufman was able to settle into a heart-pounding 4-mile run.

“My legs were suffering, but I continued to push the pace. I knew I had to keep it steady and strong. I was able to crush the last 3 miles on the hard trail to get to the finish line,” he explained.

At the last turn, Kaufman could hear the excitement at the finish lines as the crowds cheered him on.

“I finished strong and heard them announce my name as the 11th finisher overall,” said Kaufman.

His overall placement in this race earned him a slot to compete in the 2015 IRONMAN World Championship triathlon in Kailua-Kona, Hawaii.

“Competing in the IRONMAN World Championship in Kona has been a goal of mine since 2007. I am grateful to have the chance to race this epic event and represent the U.S. Army,” Kaufman said.

(Note: Bell is a unit public affairs representative.)



Photos courtesy of 3rd Brigade Combat Team Public Affairs

1st Lt. Travis Kaufman, 2nd Bn., 35th Inf. Regt., 3rd BCT, finishes 11th overall and 2nd in the military division of the 2014 SUPERFROG Triathlon IRONMAN, recently, in California. He now qualifies for the 2015 IRONMAN World Championship triathlon in Kailua-Kona.



CONTINUED FROM B-2

14 / Friday

Wounded Warrior Golf Tournament — Across the nation, proceeds from golf tournaments are going to benefit the Military Golf Program, which provides golf lessons, golf equipment and golf outings to Wounded Soldiers and Marines. The Wounded Warrior Golf Tournament in Hawaii takes place 12:30 p.m. at Hoakalei Golf Club in Ewa.

Dance Performance — Join the 311th Signal Command (Theater) for a live dance performance and more at the Native American heritage observance, 1-2 p.m., at SB Sgt. Smith Theater. Call Sgt. 1st Class Lilly at 497-4530.

15 / Saturday

80s on the Lawn — Soldiers, families and civilian employees are invited to 80s on the Lawn, from 4-6:30 p.m., Nov. 15, at Generals Loop, SB. Dress in your best 80s attire, bring blankets and chairs, and beverages of your choice. Music will be provided by the 25th Infantry Division Band.

17 / Monday

College Education Fair — SB Army Education Centers host an opportunity to learn about education programs, here, and online, 10 a.m.-2 p.m., Lobby Area, Yano Hall, Bldg. 560, 2nd Floor. Open to all military personnel and their family members. Call 624-3939.

Ongoing

No Aloha Lasers — For the safety of the players and staff at Aloha Stadium, all laser pointers are prohibited. Anyone found with a laser pointer will be escorted from the property and banned. Aloha Stadium encourages fans to contact security by texting “ALOHA” to 78247, or call 483-2807.

Mammograms — U.S. Army Health Clinic-SB is now offering walk-in mammograms, weekdays, 1-3 p.m., at its Radiology Clinic, Bldg. 685, first floor. Call 433-8355.

Operation Homefront — Nominate an outstanding child for the 2015 Military Child of the Year Award. Nominees must be between 8 and 18 years old, and able to travel to Washington, D.C., for the gala awards. Deadline is Dec. 12. Visit operationhomefront.net.